

Comment pg 6

Reaching out to Iran with beer diplomacy



The world's largest global newspaper

# metro



CALGARY • TUESDAY, AUGUST 4, 2009

AWARDS METRO INTERNATIONAL  
NEWSPAPER OF THE YEAR  
2009 Festival of Media Awards

metronews.ca

Canadian Legal Resource Centre Inc.  
CALL NOW! Mon-Sat Daytime & Evening Appointments  
403.229.2774 FREE CONSULTATION  
**UNCONTESTED DIVORCES**  
Legal Separation Agreements  
Spousal Land Transfers  
[www.canadianlegal.org](http://www.canadianlegal.org)  
**CRIMINAL RECORD?**  
Canadian Pardons  
US Travel Waivers  
Fingerprinting  
21+ years experience  
Voted #1 Paralegal  
Why pay more?

## Victim of festival stage collapse ID'd

**JAMBOREE** Camrose RCMP have released the name of a Lloydminster woman who died suddenly after powerful winds collapsed the main stage of a country music festival Saturday evening.

Donna Teresa Moore, 35, was crushed by a fallen speaker when winds gusting at more than 100 km/h ripped apart stage scaffolding at the Big Valley Jamboree.

At least 75 others were injured in the accident.

The investigation was handed over to Alberta Occupational Health and Safety Sunday afternoon, police said.

Festival organizers are seeking anyone who may have been on or near the stage before or during the collapse.

VICTORIA HANDYSIDES/  
METRO CANADA

Entertainment pg 12



Jungle shoot hardly Perfect

Your Money pg 8

Careful with the fine print

ShareYourViews

calgaryletters@metronews.ca

Vancouver



Park fires

Vancouver police Const. Cinda Michael and her horse, Spur, at Stanley Park yesterday. That city's police are asking people to be vigilant after four fires were deliberately set in the park on the weekend. More coverage, page 4.

## Officials issue 800 warnings

AMY GREGSON  
for Metro Calgary

**ELBOW RIVER** A greater presence of police officers, EMS, fire officials and by-law staff on the Elbow River resulted in 800 people receiving verbal warnings over the long weekend.

Bill Bruce of Calgary's Animal and Bylaw Services said it was a quiet weekend, but added he was impressed with an 85 per cent compliance rate on life-jacket use.

"People are getting the message to leave the booze at home and bring your life-jacket along," said Bruce.

Bruce said officers did dump approximately 150 bottles of liquor and issue eight tickets for consumption of alcohol under the Gaming and Liquor Commission Act.

Officers also handed out tickets to 13 people who didn't have life-jackets on their rafts, while two tickets were issued for rowdy public behaviour and several others for unattended fires and off-leash and unlicensed dogs.

Bruce said he wants people to remember that the Elbow River can be dangerous.

On Saturday, he said two people were swimming without life-jackets and got caught in the current.

"Fortunately, there were two citizens wearing life-jackets who went in after them."

# Weather causes chaos

Storms result in child's death, power outages, fallen trees

LAURENCE HEINEN  
for Metro Calgary



## Enmax contact

Customers can call the Enmax trouble line at 403-514-6100.

**Wild weather wreaked havoc in Calgary and across the province over the Heritage Day long weekend.**

The Calgary Fire Department, along with Enmax and EMS crews, were called into action due to an early morning rain-and-hail storm yesterday that lit up the skies with lightning and blistering winds up to 90 km/h.

"Most of the calls were related to high winds and the extreme weather con-

ditions in the city," said Calgary Fire Department spokesperson Deb Bergeson, noting that firefighters responded to 52 calls involving issues such as downed power lines, fallen trees and a blown transformer.

"Extreme weather means it's extremely busy for the fire department."

Bergeson added that

crews were also called out to a house where a tree smashed into a window.

Enmax crews were also called upon to fix power outages that affected 11,500 customers, after responding to 4,000 other calls after a Saturday night storm.

Another 9,500 homes were without power yesterday night due to electricity outages, according to Enmax.

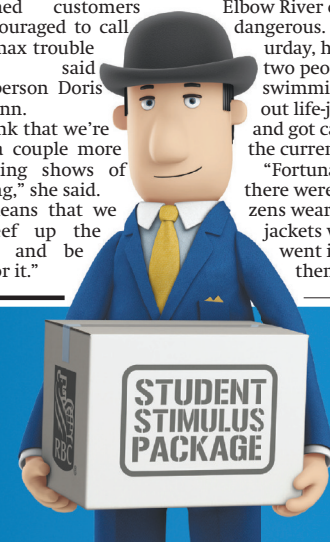
Saturday's storm also resulted in a local tragedy when three-year-old Michelle Krsek was killed after she was struck by a six-metre-long metal sheet

that blew off a building under construction on 9th Avenue and Centre Street SW. Her father and brother remain in hospital.

With more stormy weather in the forecast, concerned customers are encouraged to call the Enmax trouble line, said spokesperson Doris Kaufmann.

"I think that we're in for a couple more interesting shows of lightning," she said.

"It means that we can beef up the staffing and be ready for it."



Page 2 is where the big news hangs out.



RBC Royal Bank®



PREMIER NATIONAL  
PARTNER

# EVERY DAY WE'RE GIVING STUDENTS \$1000\*

Open a free or unlimited student banking account<sup>1</sup> before October 31. Not only will you get real answers and sound advice, you're also automatically entered to WIN\* a \$1000 cash prize.

Visit a branch.  
[rbc.com/windaily](http://rbc.com/windaily)

**CREATE**  
A BETTER STUDENT LIFE



\*No purchase necessary. Contest runs from July 15, 2009 to October 31, 2009. Draws begin August 4, 2009. Winners will be announced daily starting August 7, 2009 for 92 days. Open to students who are Canadian residents and who are at least 17 years of age by the start of the Contest Period. There are (92) prizes of \$1,000 CDN available to be won. Total value of all prizes is \$92,000.00 CDN. Odds of winning depend on the number of eligible entries received by each weekly draw date. The correct answer to a skill-testing question is required. For full Contest rules and how to enter without purchase, please visit [www.rbc.com/stimulus/rules](http://www.rbc.com/stimulus/rules). <sup>1</sup>No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit [www.rbc.com/student](http://www.rbc.com/student). ©™ VANOC, 2008. Used under licence. ©Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



**Ironman draws big crowd**

More than 1,600 athletes descended upon Calgary Sunday morning for the inaugural Vterra Ironman Triathlon 70.3. The athletes swam in Cochrane, biked to Calgary and ran through Glenmore Park. The event has a three-year contract in Calgary. **METRO CALGARY**

3

# Local

## Battle of the bands ready to rock

Calgary's biggest youth Battle of the Bands hits the city this Friday with Toast'n' Jam at Canada Olympic Park. The free event will showcase the best of the city's young talents vying it out for the top prize. For more information visit [calgary.ca/toastnjam](http://calgary.ca/toastnjam).

METRO CALGARY

**Calgary in brief**

**BISON** A 71-year-old Calgary man was gored to death by a bison on Sunday near pincher Creek. Authorities say the man was out for a walk when the bison apparently attacked him. There are no charges expected, but the owner said they plan on euthanizing the animal.

**FUEL SHORTAGE** Gas stations continued to run empty yesterday after the local fuel shortage over the long weekend. Many Calgarians were left driving throughout the city to fill up their cars after a storm last week knocked out an Edmonton refinery.

**SEX CHARGES** Two Calgary men are facing sex-related charges in relation to underage girls in Banff over the weekend. A 26-year-old man and 23-year-old face charges for allegedly having sex with two teen girls also from Calgary. Both men will be in Canmore court to face charges tomorrow morning.

METRO CALGARY

## Sharing African culture with Calgary

### Annual Afrikadey! celebrations rocking throughout the city all week long

AMY GREGSON  
for Metro Calgary

Andrew Gomez was one of many Calgarians gathered in the middle of Eau Claire Market yesterday to hear musician Karamoko Kouyate kick off the weeklong celebration of Afrikadey! 2009.

Gomez said that he keeps coming back to Afrikadey! year after year because of the unique music the festival has to offer and all the cultural events. "The rhythms that they come up with in African music are so incredibly complicated that they're always mind-blowing," said Gomez.

Afrikadey!, in its 18th year, is a way to promote cross-cultural exchange and understand other cultures while celebrating Africa said artistic director



Karamoko Kouyate plays some traditional African folk music with his band at Eau Claire Market during the launch of Afrikadey! Festival, which runs from Aug. 3 to 8.

Tunde Dawodu.

"The idea is to bring Africa to Calgary and at the

end of it to understand what we all have in common," said Dawodu.

Dawodu said that people should come to the events throughout the week be-

cause there is a piece of Africa in everyone, which shows through things like music, which is very lively and they are trying to bring more of that to Calgary.

This year, the festival is celebrating African women voices including Miriam "Mama Afrika" Makeba, a singer and political activist who died last year.

Other Afrikadey! events including poetry readings, concerts at noon at Olympic Plaza and a movie screening.

The week finishes off with the main event on Aug. 8 on Prince's Island Park with African village, music and African food.

Tickets are \$20 in advance and \$25 at the door. Children under 12 and seniors over 65 are free.

For a complete list of events and tickets visit [afrikadey.com](http://afrikadey.com)

metronews.ca

WHAT'S ONLINE TODAY

**Video** Rebuilding and reforming a notorious Afghan prison a key part of Canada's reconstruction efforts at [metronews.ca/canada](http://metronews.ca/canada)

**Blogs** Sexcetera reviews the grades from the first report card on the dating habits of Canadian males

**Lotteries**

Friday, July 31  
Lotto Super 7: 8, 12, 14, 15, 19, 23 & 33 Bonus 41  
Saturday, Aug. 1  
Lotto 6/49: 13, 14, 24, 31, 40 & 48 Bonus 44  
These results are not official.

## Show goes on despite kirpan controversy

LAURENCE HEINEN  
for Metro Calgary

**EVENT** The show went on after all.

One night after a concert by Punjabi singing sensation Gurdas Maan was called off at the Telus Convention Centre, promoter Nirmal Dhaliwal scrambled to organize a make-up performance at Prairie Winds Park in northeast Calgary yesterday afternoon.

"I have done whatever I

could do possibly in my limits to put together something like this," Dhaliwal said shortly before Maan took to the stage in front of thousands of appreciative fans.

Sunday night's show was called off because security guards refused entry to concert goers who were wearing kirpans, which are considered a ceremonial dagger.

"They were not allowing people even after I have given my assurance that I will be responsible if some-

thing goes wrong," Dhaliwal said.

Friends Gurmukh Singh and Raj Cheema were disappointed Sunday's concert was cancelled and that yesterday's concert — originally reported to start at 3 p.m. — didn't get fully underway until around 4:30 p.m.

"We just came to see what was going to happen, but we're not happy at all," said Singh, who was allowed entry to the Sunday show even though he was wearing his kirpan.



Raj Cheema, left, and Gurmukh Singh give the thumbs up prior to Gurdas Maan's make-up concert yesterday afternoon.

## Reach YOUR Goals with: Academic Upgrading or English as a Second Language or LINC Classes

Improve your English skills to help you get the job you want...or...  
Upgrade your high school education to increase your employability!!

Funding Available to those who qualify!



COLUMBIA  
COLLEGE

Call today: (403) 235-9300  
802 Manning Rd N.E. Calgary, AB T2E 7N8

Toll-free: 1-888-235-9370  
[www.columbia.ab.ca](http://www.columbia.ab.ca)

Are you unemployed?  
Are you 18 years of age or over?  
Do you have Grade 10 with strong Math skills?

### BASIC MACHINIST OPERATOR TRAINING

TAKE ADVANTAGE OF A PROGRAM THAT COMBINES SALT TRAINING AND MCBRIDE CAREER GROUP EXPERTISE TO HELP YOU GET THE JOB YOU WANT

In 19 weeks you will get:

- SALT Occupational Skills Training for CNC operations and manual machines
- McBride Career Group Essential and Personal Skills

Call Bill today at 403-296-8678 and ask for more information

No cost to Eligible participants!



This service receives funding from the Government of Alberta & the Government of Canada



Arturo Gatti's will was changed just three weeks before the ex-boxing champ died, his family confirmed Sunday. Reports said Gatti bequeathed everything to his wife, who stands to receive \$1 million through his life insurance policy. **METRO NEWS SERVICES**

# Canada



## Schreiber in German jail

Karlheinz Schreiber, a key figure in a political party financing scandal involving former prime minister Brian Mulroney and former German chancellor Helmut Kohl, arrived in Germany yesterday and has been jailed after losing a decade-long extradition battle in Canada, CBC News Online reports. The 75-year-old former arms-industry lobbyist landed in Munich around 9:30 a.m. local time, and was taken to a jail in nearby Augsburg, where prosecutors accuse him of bribery and tax evasion. **METRO NEWS SERVICES**

### News in brief

**WILDFIRES** More than 700 wildfires in B.C., burning across the hot, tinder-dry province have forced thousands of people from their homes, including around 2,000 people in Lillooet, where a fire is threatening the town. The roughly 3,000-hectare Mount McLean fire — which broke out because of a lightning strike — was one kilometre from town by press time yesterday. An evacuation order was also issued for people living in nearby Seton Portage, where a 1,000-hectare fire is burning.

KRISTEN THOMPSON/  
METRO CANADA

**COURTS** An Ethiopian court jailed a Canadian for life yesterday after he was convicted of membership in a rebel group fighting for independence for an ethnically Somali part of the country. Bashir Ahmed Makhtal was found guilty last week on three charges.

REUTERS

### Ottawa Flame on



A busker from the group Flameoz wows audiences during the final day of the 18th annual International Busker's Festival on Sparks Street in Ottawa yesterday. Thousands of people came out to see buskers from around the world.

## Police suspect arson

Fires in B.C.'s Stanley Park prompt more patrols

DANIEL TAM  
for Metro Canada



**Vancouver police are beefing up the number of mounted officers patrolling Stanley Park after four suspicious fires have been set in the park since Thursday.**

Police say the fires are linked and are the work of an arsonist.

Const. Cinda Michael said 13 officers are now patrolling the park on horseback.

"We have seven regular officers who are supplemented by six reserve officers," she said.

The fires were set at different locations, including near the Rose Garden and Beaver Lake.

**"(Stanley Park) is something that none of us want to lose."**

Const. Cinda Michael

A fire at the Brockton Oval, a sports field popular with cricket players, caused the most damage. It was lit under the bleachers and scorched the bench area and the side of a building.

Park Board Commissioner Ian Robertson called it "despicable."

"We got flames that were six- to eight-feet-high and this whole building is all wood structure and could have gone up in a matter of minutes,"

he said.

Witnesses told police they saw a man riding a bike near the fires, but investigators have no suspects yet.

Michael said the recent dry spell is the worst she's seen in her six years patrolling Stanley Park.

"It makes me feel a little bit apprehensive," said Michael.

"But we've gone through dry summers before without incident."

Michael asked that the public be aware of the smoking and barbecue bans and to be vigilant.

"We're really doing our best to make sure there are no accidents," said Michael. "(Stanley Park) is something that none of us want to lose."

## Join Our Global University

Earn a bachelor's degree without putting your life on hold. Flexible curriculums allow you to study anytime, anywhere in the world, making it possible for everyone to take advantage of the affordable, world-class education UCAN has to offer. You'll finish your degree faster, without compromising the quality of your education!

Make UCAN degree programs work for you, no matter where you are in the world. Students can choose to study part-time, full-time, on-campus or online. Our numerous delivery options allow you to set the pace for your studies. Working full-time shouldn't stop you from pursuing post-secondary education - flexible course schedules at UCAN make it easy to do both! Small class sizes, combined with industry-influenced curriculums and world-class instruction, means you'll get the education you want, when you want it.

Choose from a number of undergraduate and post-graduate degrees, including BCom, BA and MBA programs. Degree programs are available at campuses in Vancouver, Victoria and Singapore, as well as offered online. Weekly start dates make it simple to jump into life at UCAN.

UNIVERSITY CANADA  
W E S T

Accessible, Affordable, Available 24/7.  
Higher Education Within Reach.

1.877.431.6887 | [classes.ucan.ca](http://classes.ucan.ca)



**Metro Calgary is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative to service the Fashion and Retail industry.**

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be the Entertainment Vertical.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

**Qualified candidates will possess:**

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email
- A self-motivated desire to develop new business
- Some college education of relevant post-secondary training

**To Apply:**

Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

**Please send your cover letter and resume by email to:**

Chris Mackie, Advertising Sales Team Leader

[chris.mackie@metronews.ca](mailto:chris.mackie@metronews.ca)

Subject: Sales Rep at METRO



Plane diverted after passengers injured in severe turbulence

A Continental Airlines plane hit severe turbulence en route from Rio de Janeiro to Houston, Texas, yesterday and was diverted to Miami, where more than two dozen passengers were treated for injuries. A Miami International Airport spokesman said 168 people were aboard, including 11 crew members. **REUTERS**



# World



## Gorillas spawn new AIDS-like virus

A woman from Cameroon has been found to be infected with an AIDS-like virus that came from gorillas, French researchers reported Sunday. The woman, who has no symptoms of HIV infection, is well and was likely infected by another person, not an animal, the researchers said. Their findings suggest this newly discovered gorilla virus is circulating among people, they reported in the journal *Nature Medicine*. **REUTERS**

## Religious violence claims 700 in Nigeria

**Samuel Yunana's father, Fayam, was taken from his home, stabbed in the side of the stomach and told to convert to Islam. When he refused, his throat was slit.**

Fayam was among more than 700 people killed in the northern Nigerian city of Maiduguri during an uprising last week by a radical Islamic sect that wants sharia law imposed across Africa's most populous nation.

Followers of Boko Haram, which means "Western education is sinful," attacked government buildings, police stations, prisons, schools and churches during five days of rioting before soldiers and police put the uprising down.

**"They insisted (my father) was to convert to a Muslim. He refused, so on that basis they killed him."**

Samuel Yunana, son of Christian killed in Nigeria

As a prison warder and a Christian living near the sect leader's compound, Fayam was a particular target.

"He was taken from his house by Boko Haram. They stabbed him and he was losing blood," Yunana told Reuters.

"They insisted he was to convert to a Muslim. He refused, so on that basis they killed him," he said.

Nigeria is roughly equally divided between Christians and Muslims, and more than 200 ethnic

groups generally live peacefully side by side.

Boko Haram treats anybody who does not subscribe to its ideology — Christian or Muslim — as an infidel and its views are rejected by the vast majority of the country's Muslim population, sub-Saharan Africa's largest.

The sect's leader, Mohammed Yusuf, was shot dead in police detention last Thursday after being captured hiding among sheep and goats.

**REUTERS**

## Ukraine Five-week-long rave



Women dance yesterday at the annual "KaZantip" festival in the Crimean town of Popovka, Ukraine. KaZantip is an annual music festival that takes place for five to six weeks in the summer.

## No shiny phones, Taliban say

**AFGHANISTAN** The Taliban have warned Afghans that possessing pictures of "unrelated women and handsome boys" was against Islamic law and owning "shiny new phones" runs contrary to their religious

dignity.

The Taliban have been posting "night letters" in the volatile southeastern province of Ghazni, reminding Afghans of their religious obligations.

**REUTERS**

## News in brief

**JAPAN** A customer banned from a Tokyo ear-cleaning salon was arrested in Tokyo yesterday on suspicion of stabbing a young woman working at the salon and killing her grandmother, Japanese media reported.

**MILITARY** The Pentagon is seeking to speed deployment of an ultra-large "bunker-buster" bomb on the most advanced U.S. bomber as soon as July 2010, the Air Force said Sunday.

**CLINTON** Former U.S. president Bill Clinton was on his way to North Korea yesterday to negotiate the release of two American journalists convicted by the communist state of "grave crimes," South Korea's Yonhap news agency said.

**VENEZUELA** More than a dozen of 34 radio stations ordered closed by the Venezuelan government went off the air Saturday, part of President Hugo Chavez's drive to extend his socialist revolution to the media.

**REUTERS**

You've become more conservative.  
We've become more flexible.

### Scotia® GIC with Flex\*

2-year rate	3-year rate
2.00% <sup>†</sup>	2.60% <sup>†</sup>

ACCESS YOUR MONEY AT ANY TIME

Introducing the new Scotia® GIC with Flex\*.

It protects your initial investment and offers attractive early redemption rates.

For more details, visit a branch or [scotiabank.com/scotiagicwithflex](http://scotiabank.com/scotiagicwithflex)

You're richer  
than you think.®



® Registered trademarks of The Bank of Nova Scotia. \* Available in non-registered and Tax Free Savings Accounts (TFSA) only. † This is the annual interest rate if held to maturity. Any Scotia GIC with Flex redeemed within 90 days of the issue date pays no interest. Interest on early redemptions will be calculated on a daily basis at an early redemption interest rate. The Scotia GIC with Flex can also be partially redeemed prior to maturity at a reduced interest rate. If the GIC principal amount is less than \$5,000, then the minimum withdrawal amount is \$1,000 and the remaining balance must be at least \$1,000. If the GIC principal amount is \$5,000 or greater, then the minimum withdrawal amount is \$1,000 and the remaining balance must be at least \$5,000. Note that the amount of interest paid upon early redemption will reflect the amount of interest already paid prior to that redemption. Rates are provided for information purposes only and are subject to change at any time.

# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

## Comment

# Politics of engagement

## NationalReport

**Lawrence Martin**

metronews.ca/nationalreport

It was cool and rather instructive to see the way Barack Obama eased his way out of the overblown controversy about the Harvard professor being arrested for breaking into his house.

Let's all sit down, have a beer, talk it over, said the U.S. president.

That kind of engagement, beer diplomacy, can be a good thing, especially in the wake of the arrogant sabre-rattling of his predecessor.

But with Iran the politics of engagement isn't working.

Obama has tried to reason with Ayatollah Ali

Khamenei, Iran's supreme leader, proposing talks on the nuclear issue and on regional security. He didn't get much of a response. Then came the disputed Iranian election, the severe clampdown on protests and now the show trials. All this was combined with the apparent Khamenei policy of full steam ahead on nuclear weapons production.

In a dispatch based on Western intelligence sources, The London Times breathlessly reported yesterday that Iran has already perfected the technology to create and detonate a nuclear warhead. The Western intelligence sources, one hopes, are

better than the likes of Dick Cheney and other charlatans who conned Western media on Saddam Hussein's non-existent weapons of mass destruction.

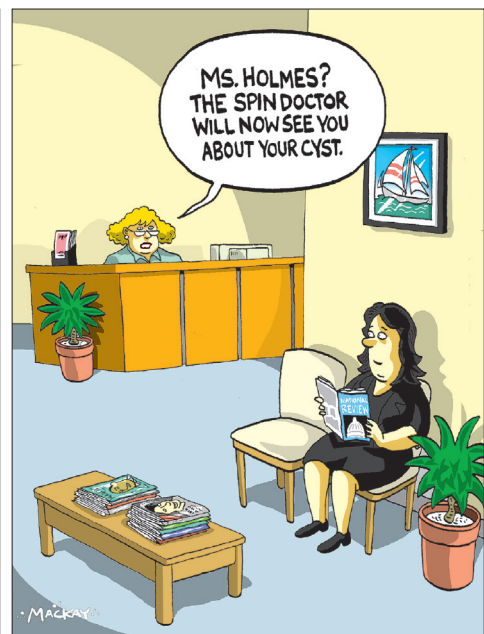
In any case, Obama's patience with Tehran is being sorely tested. We recall that in the election campaign Hillary Clinton and John McCain warned him about trying to negotiate with regimes like Iran. So far those cautions look justified.

Obama, who is of part Muslim descent, sees things differently than most American politicians. With his wider perspective, he is better capable of putting himself in

someone else's orbit. He can readily understand, for example, how Iran sees a gross double standard on the nuclear question. As in, "Oh yes, you can have nuclear weapons and Israel can have nuclear weapons but we can't!"

Obama will be under increasing pressure to adopt a stiffer line, to start issuing ultimatums. Better though he continue with his politics of engagement for some time. Let the Iranian leadership be seen as recalcitrant, let it be seen as not accepting any outstretched hand. In this way there will be a justifiable case, as well as a broad consensus, for assertive actions such as punitive sanctions. In this way there will be no repeat of the flim-flam that triggered the invasion of Iraq.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



GRAHAM MACKAY

## Worth mentioning

# More than 40 journalists killed in 2009: Report

At least 46 journalists have died while reporting the news in 21 countries this year, with Somalia and Mexico the most dangerous places for media, according to the International News Safety Institute (INSI).

But the Brussels-based body, which tracks killings and deaths of journalists and their aides around the world, said the once-high casualty rate in Iraq was dwindling rapidly with the relative decline in violence in the country. Up to the end of July, six Somali reporters for local and foreign news organizations had been killed, while two journalists tak-

en hostage in 2008 remained in captivity 11 months later, INSI said.

"But the situation in Mexico is causing grave concern with at least three deaths confirmed and three more under investigation," said the organization, which is backed by major media and professional bodies around the globe.

Three journalists had each died in Pakistan, Iraq and Philippines, it said. INSI noted a key media body in Sri Lanka reported 34 journalists and media workers have been killed there since the present government came to power in 2004.

REUTERS

**46**

The toll of at least 46 by July 31 — which includes cameramen and photographers — compared with 109 in 36 countries for the whole of 2008. INSI counts accidental deaths while on reporting assignments in its figures.

## Views

# Public sector wages growing out of line

## InBusiness

**Charles Davies**

So it turns out Toronto Mayor David Miller is the Neville Chamberlain of municipal politics, an appeaser who will assuredly, and rightly, lose his job in the next civic election.

For now, though, let's consider the symbolism of Miller's deal with the Canadian Union of Public Employees, bankable sick days and all. It stands for the fact that, at all levels of government across Canada, public sector wages and benefits continue to grow way out of line with private sector standards. And the conse-

quences for our economy are very negative.

One is the sheer cost: Public sector wages and salaries — not including rich benefits — grew 56 per cent to \$161 billion annually in the decade to 2007, and they're still growing. So is the disparity with the private sector.

Back in 2000, the Canadian Federation of Independent Business calculated that a typical federal public worker had a 15.1 per cent advantage over a typical private sector worker in salary alone. Counting benefits, the advantage was 23.3 per cent. Today, the advantage gap has increased to 17.3 per cent for wages and 41.7 per cent for wages and benefits. Similar gaps can be found in both the provincial and municipal public service sectors.

Interestingly, employ-

ment in the public sector has actually grown through the recession, compared to the dramatic plunge in private sector jobs. Money spent on public sector wages and salaries that's over and above private sector levels is money that isn't being spent on things we could really use, like improved public services or economic infrastructure. You could make the same argument about questionably useful government services. After all, do we really need health workers in local government working full time on wellness programs?

Money spent padding the public sector may be good for consumption, but there are much more productive ways to create wealth and economic growth. Indeed, a bloated public sector contributes to a stagnant econ-

omy that values bureaucracy more than innovation, hardly what Canada needs coming out of a severe recession and into a much more harshly competitive world.

And in comfy, cosy Canada, where government offers high-paying jobs for life, what's the incentive for people to start businesses, to take real risks without financial safety nets and create growing enterprises? There's also a matter of fairness.

Why should taxpayers labouring in the private sector happily take pay cuts and/or layoffs in order to subsidize above average wages and benefits for garbage collectors or office bound bureaucrats?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

## Metro Online Poll Results

**62% SAID YES**

**Would a fall election undermine economic recovery?**

Weigh in on today's question at metronews.ca

**38% SAID NO**

Tell us your views by email to [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Google CEO Schmidt to quit Apple board**

Google Inc. chief executive Eric Schmidt is resigning from Apple Inc.'s board of directors, the companies said, citing increased competition between the two leading technology companies and increased regulatory scrutiny. **REUTERS**



7

# Business

**DOLLAR****Closed**

US 92.81¢ (Friday)

**GAS****US \$3.98****US 33¢****OIL****US \$71.58****US \$2.13****TSX****Closed**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Banks reach out to recession-hit

Distressed customers offered help with mortgage payments, debt load

**Canada's biggest banks are offering financial lifelines to distressed consumers during this recession — some doing so on an unprecedented scale.**

Tens of thousands of customers are being allowed to skip mortgage payments without penalty, consolidate their debts and switch to lower-interest loans.

Banks say it's about giv-

ing their customers a helping hand during a tough economic time. But it is also an astute business strategy to keep loan losses in check, secure client loyalty and generate priceless word-of-mouth advertising to attract new customers when the good times return.

TD Bank has helped nearly 20,000 clients from February to July under a

program dubbed Project Umbrella.

"That number (20,000) might seem large, but I don't think that number is anywhere near the real story," said Tim Hockey, head of Canadian banking and president and CEO of TD Canada Trust.

BMO, too, has launched a special recession support initiative. It started in

April as a regional test program in hard-hit Ontario communities and became a national program in June. The Bank of Nova Scotia is reaching out to distressed clients through its branch staff, while offering a slew of online tips and tools.

Royal Bank of Canada plans to call each of its 10 million customers across

Canada this year, said David McKay, head of Canadian banking. In addition, RBC has launched an online advice centre.

"Customers are intimidated," McKay explained. "They don't know how to talk to the bank. They are embarrassed. They don't know where to start — which is why we reach out." **TORSTAR NEWS SERVICE**

### 5 timely tips

**1** Talk to your bank as soon as possible about your financial situation.

**2** If you fear an impending layoff, put together an emergency fund.

**3** If already laid off, file for unemployment benefits as soon as possible.

**4** When cutting discretionary expenses, be aware of any contractual obligations.

**5** Use proceeds from your severance package to pay down high-interest debt.

## Motivate staff or lose them, expert warns

**CHALLENGE** Canada's economy could emerge from the recession this quarter, which means companies are facing a high-stakes challenge to ensure their employees stay motivated on the job, experts say.

Businesses should be taking action now to ensure their best workers remain engaged, says Terry Power, president of staffing firm Randstad Canada.

"When you're in a recession, the trend typically becomes one of 'do more with less,'" Power said.

"The people in those situations that tend to step up and do the most for you ... are your best people. And often times, though, that gets kind of taken for granted."

Although businesses are squeezing staff through painful cost controls right now, good quality companies will also take the initiative to provide some sort of longer-term payoff — even if it is not a cash-based reward.

Those that don't, risk losing their best people, Power said.

Randstad has released a recession survival guide for managers entitled Engaging Employees for a Strong Recovery. The report argues that employee engagement includes promoting open communication and avoiding "unnecessary surprises."

Managers should also make "recognition" a top priority. That could mean heaping on praise for "small successes" or providing non-monetary incentives.

TORSTAR NEWS SERVICE

**Certified pre-owned**

All 2004-2009 Audi A4 models

**0.9% APR up to 24 months\***

**New, with experience.**

- Up to 6-year/120,000-kilometre limited warranty\*
- Industry-leading 300+ point inspection
- CARFAX Vehicle History Report
- 24/7 Roadside Assistance

**For the location of your nearest Audi dealer, visit [audi.ca/certified](http://audi.ca/certified) or call 1-800-FOR-AUDI.**

© 2009 Audi Canada. \*Whichever occurs first. Maximum coverage available if there is remaining coverage from the Audi New Vehicle Limited Warranty. Audi CPD Limited Warranty effective for up to the earlier of 2 years/40,000 km. \*Limited time finance offer available through Audi Finance, on approved credit. 0.9% APR financing available for up to 24 months on all 2004-2009 A4 models. Example: MSRP of \$27,900.00 for a 2006 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, equals \$1,325.97 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is \$296.28 for a total obligation of \$31,823.28, including taxes and finance charges. PPSA, license, insurance, registration, any dealer or other charges and options extra. Offer valid until October 1, 2009 and may change or be withdrawn at any time without prior notice. Dealer order/trade may be necessary. "Audi", "A4", "quattro", and the four rings emblem are registered trademarks of AUDI AG. "CARFAX" is a registered trademark of CARFAX, Inc. To find out more about Audi or for more details, see your dealer, call 1-800-FOR-AUDI, or visit [www.audi.ca/certified](http://www.audi.ca/certified).

## Boycott campaign Clash with hard reality



A Palestinian worker sticks Intajuna (Our Products) stickers on Palestinian goods displayed in a supermarket in the West Bank city of Ramallah yesterday. Intajuna is one of many campaigns asking Palestinians to avoid Israeli products. After 40 years of occupation, the Palestinian economy is tied to Israel's, so attempts to reduce its dependence clash with hard realities.

## HSBC eyes Shanghai share listing

**BANKING** HSBC Holdings could raise 50 billion yuan (\$7.3 billion US) in a Shanghai listing next year as it vies to be one of the first foreign firms to list in China, according to people familiar with the matter.

HSBC, which reported a better than expected \$5 billion half-year profit yesterday, said it wants to list but has yet to mandate investment banks for the planned flotation.

HSBC said it has not decided the size of the offering while the timing is subject to regulatory approval.

HSBC, the world's

### Chinese ties

• HSBC was the first foreign bank to raise one billion yuan in the so-called "Panda bonds," the yuan-denominated bonds, in Hong Kong in June.

biggest bank outside China by market value with a market capitalization of over \$184 billion, says it sees the Shanghai flotation as a way to accelerate its growth there at a time when international rivals have retreated.

REUTERS

Interest rates/Savings accounts  
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBC	Scotia	TD
0.8%	0.75%	1.05%	1.4%	1.2%	0.75%	0.75%	1.25%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

## Your Money

EDITOR: NINA.DRAGICEVIC@METRONWS.CA



## Fake money, real world

**INVESTING** RBC Direct Investing announced the launch of Practice Accounts last week, the first integrated offering of its kind by a Canadian self-directed brokerage.

Available to RBC Online Banking and RBC Direct Investing clients, Practice Accounts will allow Canadians to buy and sell a wide range of investments with \$100,000 of no-risk "practice money." The quick and easy activation

of a Practice Account provides an opportunity to test-drive RBC Direct Investing's online site and experience real investing without using real money.

"Practice Accounts are a powerful new feature that provides online investors with the opportunity to hone their investing skills so they can make informed and confident decisions," said Jason Storsley, president and CEO, RBC Direct Investing.

For more information, visit [rbcdirectinvesting.com/practice](http://rbcdirectinvesting.com/practice).

METRO NEWS SERVICES

# Don't let your cash get sucked into fine print

## Be careful when accepting attractive Pay Later deals

Alison On Money

Alison Griffiths

[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

**B**usted! It's the roof, furnace or washing machine and there's no spare dough. These are expenditures you don't want to put off — picture two working parents schlepping clothes to the laundromat for a couple of toddlers. Not fun. Fortunately, there are always tempting Buy Now Pay Later offers to help you out.

They work if you set aside enough money to pay them off in full on the due date. One strategy is to settle the balance with a loyalty points credit card then eliminate that balance with money saved up.

However, check the fine print where payment landmines might be lurking. Some stores, the Brick for example, funnel Buy Now Pay Later purchases through their own cards. The purchase contract is actually a retail credit card application. And you can't pay the balance with another credit card.

If you don't have the



That new washer and dryer seems so attainable with a Buy Now Pay Later deal — but be careful what you wish for.

money in hand at the due date you are looking at close to 30 per cent in interest.

Worse, you also might be liable for all the accumulated interest from the day of purchase. Ouch.

For example, if you buy

an item for \$1,000 the first month's interest is \$24.91 at 29.99 per cent.

The next month you'll pay interest on \$1,024.91 and so on.

Additionally, many retailers charge administration fees ranging from \$25

### Alison's Money Rule:

- Buy Now Pay Later deals are appealing, especially when you face an emergency expenditure. But landmines can lurk in the fine print.

to \$50 and you may have to pay sales tax up front.

So ask the questions.

- What are the fees and taxes up front?
- Am I applying for a store credit card? If so, what credit limit will be assigned? (This is important if your credit score is marginal).
- What's the interest rate?
- Can I pay the balance with a credit card?
- If I don't pay in full am I liable for interest from the day of purchase?

If you know you can't save enough to pay the balance before ante up time, apply for a lower interest bank credit line. It's still a debt but at least the interest won't sting as much.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

## Service Directory

To advertise contact Blaine Schlechter at 403-444-0136

## PSYCHIC

#### THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL



Are you searching for solutions to your problems? It's never too late to find answer. Madia has 26 years experience as a spiritual healer reuniting loved ones, maintaining harmony in couples, preventing separation, improving business success, protecting against negativity and evil spells. 100% results Guaranteed in 48 hours.

**100% RESULTS GUARANTEED IN 48 HOURS**  
CALL MADIA AT 403-475-2589 OR 403-305-2129

#### STAPHA —AFRICAN PSYCHIC

Reuniting Loved Ones • Stopping Divorce  
Removing Bad Spirits • Success in Business  
Healing Protection

**RESULTS GUARANTEED**  
**403-802-0367**

#### Anayia's European Psychic Studio

Practicing 25 years of traditional knowledge through 5 generations

Anayia has visited clients from all over the world because she shares insightful answers and solutions for love, marriage, business, health, families and other important life issues

Open Mon-Sat 9am to 9pm

Located on 13th Ave & MacLeod Trail

For appointments contact

Anayia @ [psychicanayia@hotmail.com](mailto:psychicanayia@hotmail.com)

## RETAIL

#### DOMRICK DOLLAR STORE AND ORIENTAL GROCERIES

6518 1A Street SW  
Near Chinook LRT Station  
403-252-4811

## FINANCIAL

**\$500\$ loan service**  
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.  
Call toll free:  
**1-877-776-1660**

#### TAKE A VIDEO BREAK

Visit [metronews.ca](http://metronews.ca) to watch **metrotube** of the day  
The video everyone's talking about.

## Boost your financial IQ

**EDUCATION** You can't read or watch the news these days without coming across a story about the teetering economy, falling sales or another corporate cutback.

The economy's situation is motivating many of us to keep a closer eye on our spending habits, to think twice about jumping on the "buy now, pay later" treadmill. It's also a good opportunity to review

your financial IQ — and aim to sharpen it.

Do you have a good picture of your current financial situation? How much do you really know about the financial products you own? For example, do you know your credit card's annual interest rate? Are you making the most of your mortgage?

Becoming financially literate pays off in so many ways — improved peace of

mind, greater ability to spot and avoid costly mistakes, and more confidence in making financial decisions. So make a plan today to get a better grip on that hard-earned money of yours.

To find objective, accessible and, most importantly, understandable financial information, check out the Financial Consumer Agency of Canada's (FCAC) web site [money-](http://moneytools.ca)



Visit [moneytools.ca](http://moneytools.ca).

tools.ca and view or download:

- tip sheets on financial products and services;
- easy-to-use booklets and;
- interactive web-based tools that allow you to compare products such as credit cards and banking accounts.

NEWS CANADA

mogo

borrow up to \$1500 instantly.

[mogomoney.com](http://mogomoney.com)

» no hidden fees





# HOME PHONE LINES

## ALL FEATURES FREE!

**FREE!** Voicemail  
**FREE!** Caller ID  
**FREE!** Call Waiting  
**FREE!** Call Forwarding  
**FREE!** Free Comwave to Comwave calls  
**WORLDWIDE!**  
 And Much More!

### 4 GREAT PLANS TO CHOOSE FROM!

Enhanced	Unlimited Canada	One-Rate	Global
 <b>\$14.95</b> /month UNLIMITED Local Calling  ✓ All Features FREE	 <b>\$19.95</b> /month UNLIMITED Calling to Canada  ✓ All Features FREE	 <b>\$29.95</b> /month UNLIMITED Calling to Canada & U.S.A.  ✓ All Features FREE	 <b>\$39.95</b> /month UNLIMITED Calling to 25 COUNTRIES!  ✓ All Features FREE


### LIMITED TIME OFFER

**6 MONTHS FREE!**

- **SATISFACTION GUARANTEED!**
- **KEEP YOUR EXISTING PHONE NUMBER!**


















No Matter Where you call, or What Rate You Pay  
**Comwave Will Beat it... Guaranteed!**

 (Even From Your Cell Phone!) 

Limited Time Offer!  
**UNLIMITED**  
 Calling to  
 Anywhere in  
**CANADA**  
**\$5** /month

 <b>CUBA</b> <b>85</b> c/min	 <b>PAKISTAN</b> <b>5.9</b> c/min	 <b>PHILIPPINES</b> <b>11.9</b> c/min
---	--	--

 Australia.....2.9 ¢	 Nepal..... 7.9 ¢
 Bangladesh.....3.9 ¢	 Saudi Arabia... 3.9 ¢
 Colombia..... 3.9 ¢	 Sri Lanka.....11.9 ¢
 Guyana.....27.9 ¢	 Trinidad..... 7.9 ¢
 India.....5.9 ¢	 U.A.E..... 16.9 ¢
 Iran..... 3.9 ¢	 U.S.A..... 2.9 ¢
 Israel..... 2.9 ¢	 U.K..... 2.9 ¢
 Lebanon ..... 9.9 ¢	



Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates

✓ No need to cancel your service provider ✓ \$10 Free Long Distance for every friend you refer ✓ No Contracts

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... **GUARANTEED!**



# 403-451-5801

[www.comwave.ca](http://www.comwave.ca)

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: \* VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas. Long Distance terms and conditions apply, see [www.comwave.net](http://www.comwave.net) for details.

Unable to come to terms with the UFC, Russian heavyweight and former Pride champion Fedor Emelianenko has signed a multi-fight agreement with San Jose-based Strikeforce. UFC president Dana White had been willing to schedule Emelianenko's first fight against Brock Lesnar for the UFC title if a deal had been reached. **METRO NEWS SERVICES**

# Sports

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

## Judge delays Coyotes' game

First attempt at auction postponed

**It should be known by tomorrow whether Hamilton, Ont. still has any chance to become the home of the Phoenix Coyotes this season or beyond.**

An auction for the bankrupt team, which was to have taken place tomorrow between the two bidders wishing to keep the team in Phoenix, has been delayed until Sept. 10.

The NHL requested the postponement, but can't yet claim victory because no one is certain what form that September auction will take. Bankruptcy Judge Redfield T. Baum did not rule yesterday on whether Canadian billionaire Jim Balsillie, who wants to move the team to Hamilton, will be allowed to participate in that auction as a third bidder or whether there will be a separate, subsequent relocation auction.

That decision will likely be handed down tomorrow, the judge said.

"I'm going to think about this a little bit," said Baum. "It's a pretty significant issue."

**"I'm going to think about this a little bit. It's a pretty significant issue."**

Bankruptcy Judge Redfield T. Baum

The NHL also pressed hard for the court to state that the Coyotes would not be moving before the coming season — something Balsillie's lawyer said the RIM co-CEO is still prepared to undertake — but any ruling on that will be contained within the judge's decision on auction procedure.

The NHL's board of governors has already unanimously rejected Balsillie as a potential owner and requested that any form of relocation auction be dropped.

Bill Daly, the NHL's deputy commissioner, said he had no comment on the day's events.

"We will wait to see how the court rules on the form of the Sept. 10 auction," he responded in an email.

**TORSTAR NEWS SERVICES**



## Montreal to MLS?

In a possible hint of Major League Soccer's next expansion location, league commissioner Don Garber last week told Forbes that MLS has been in discussions about adding a team in Montreal. The United Soccer Leagues' Montreal Impact would be the obvious candidate to join MLS. For more, check out [It's Called Football at metronews.ca/blogs](http://It's Called Football at metronews.ca/blogs). **METRO NEWS SERVICES**

## NASCAR Pennsylvania 500



Matt Kenseth races the DeWalt Ford during the NASCAR Sprint Cup Series Sunoco Red Cross Pennsylvania 500 at the Pocono Raceway yesterday in Long Pond, Pa. Denny Hamlin won the race, breaking a 50-race winless streak. Kenseth finished 11th.

## Quebec police investigating Alex Burrows

**HOCKEY** Vancouver Canucks forward Alex Burrows is being investigated by police after an on-ice incident in a Montreal summer hockey league game.

According to a complaint filed on July 21, Burrows allegedly hit a 19-year-old goaltender in the face with his stick during a game at the Excellent Ice Arena in Kirkland, Que.



Alex Burrows

With Burrows, 27, facing possible charges, Canucks management say they're waiting to gather all facts before commenting, according to RDS.ca.

The family of goaltender Koray Celik isn't speaking either, on the advice of their lawyers.

Also known as the Pond

### New contract

Alex Burrows signed a four-year contract extension with the Canucks in March that will see him paid \$2 million per season.

Hockey League, the summer league helps professional, minor pro and college players stay sharp in the offseason.

**METRO CANADA**

Nadal to return to action at Rogers Cup, coach says

**TENNIS** World No. 2 Rafael Nadal will return to action at next week's Montreal Masters event after a two-month lay off with injury, his coach and uncle Toni Nadal said yesterday.

The Spaniard has been suffering from tendinitis in both knees and has not played a competitive match since being knocked out in the fourth round of the French Open by Robin Soderling on May 31.

"Rafa will play in Montreal. It is good news for us," Toni Nadal told Radio Marca.

"It's another thing to know what standard he will be at. I imagine he won't be in very good condition. He has been training, but without really pushing it very much."

"To see what form he's in we'll have to see how he copes in a proper match."

During his time away from the court, Nadal lost his French Open and Wimbledon titles and his No. 1 ranking to Swiss rival Roger Federer.

In an interview last week, Nadal cast doubts as to whether he would be fit to defend his title in Montreal.

"There is no particular objective at present," Nadal's coach continued. "The challenge is to get back into form and to be in good shape for the U.S. Open."

**REUTERS**

### Apartment Finder

To advertise contact Warren Smith at 403-539-4948

## realstar management

RENT NOW AND CHOOSE YOUR \$300 INCENTIVE!

### CALGARY PLACE APTS.

609 8TH STREET  
1 & 2 bdrm suites, Gym, games room, 1 block to LRT, Utilities included, Close to all amenities & On site management

1-877-570-7025  
[www.calgaryplace.com](http://www.calgaryplace.com)

### ROYAL VIEW APTS.

1320 16TH AVE. SW  
Live in the Trendy Beltline, 1 & 2 bdrm suites, Gym, sundeck, 1 block to 17th Ave., Utilities included & On site management

1-877-572-1835  
[www.royalviewapts.com](http://www.royalviewapts.com)

### GLENMORE HEIGHTS

620 67TH AVE. SW  
1 & 2 bdrm suites, Gym, social room w/ full kitchen & library area, 1 blk to Chinook Center, Utilities included & On site management

1-877-617-9803  
[glenmoreheights.com](http://glenmoreheights.com)

### GLENMORE GARDENS

2105 90TH AVE SW  
1 & 2 bdrm suites & T/H social room w/ full kitchen & sitting area, Indoor pool & sauna, Close to all amenities & On site management

1-877-584-2285  
[glenmoregardens.com](http://glenmoregardens.com)

### Effective and cost effective.

To advertise in Metro's Apartment Finder, call Warren today! 403-539-4948



### Sports in brief

**FORMULA ONE** Red Bull and Williams are opposed to Ferrari's request to let Michael Schumacher test in Felipe

Massa's F60 car as the seven-times world champion prepares to return to Formula One in place of the injured Brazilian.

**NFL** Former New York Giants wide receiver Plaxico Burress was indicted yesterday on two felony counts accusing him of

criminal possession of a weapon and one misdemeanor count of reckless endangerment. If convicted, he faces at least three-and-a-half years in prison and a maximum of 15 years.

**SOCCER** Russian soccer fans

have been told to drink whisky on their trip to Wales for next month's World Cup qualifier to ward off the H1N1 swine flu virus, the head of the country's supporter association (VOB) said yesterday. "We urge our fans to drink a lot of Welsh whisky as a form of disinfection," VOB head Alexander Shpyrygin told Reuters. "That should cure all symptoms of the disease."

**METRO NEWS SERVICES**

## ACCESS LEGAL RESEARCH INC.

- CRIMINAL PARDON /U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

CALL 403-228-2469

## 100% FINANCING

5-year 100% financing rate 4.35%, At \$300,000 payments \$1,430/month  
One Alberta regulated lender is still offering 100% financing at discounted mortgage rates.



Layne Walters, Your Mortgage Team  
Call for pre-approval 403-466-5363  
Strong credit & income required. Rates subject to change. O.A.C.E. & O.E.

403.466.5363 • [layne@YourMortgageTeam.ca](mailto:layne@YourMortgageTeam.ca)

Pegas Enterprises operating as **Tim Hortons**

**NOW HIRING!**  
(F/T & P/T) Positions Available

**Food Counter Attendant**  
F/T - \$10.49/hr  
**Supervisor** - \$13.00/hr  
**Baker** - \$10.49/hr

1103-17 Ave SW, 3508-37 St SW  
& 6 Richard Way SW



# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



## Walk/bike to work for fitness

Can't squeeze fitness into your day? Just walk to work.

A new U.S. study has found that "active commuting" — walking or riding a bike to work, even if it's only part of the way — boosts health and fitness levels.

Researchers in Chapel Hill, N.C., studied the commuting habits of 2,364 people who were enrolled in the Coronary Artery Risk Development in Young Adults (CARDIA) study. They then measured their height, weight, blood pressure and fitness levels.

Men who either walked to work or rode their bike

to work had lower obesity levels as well as lower triglycerides (fat in the blood), lower blood pressure, and lower blood glucose levels. The effect was not as strong in women.

The average length of activity was 20 minutes for men and 17 minutes for women. "Ultimately it would be wonderful to see more people walking and biking to work, but to make this happen, we need to make walking and biking safe and accessible by reducing environmental barriers to activity," says Dr. Penny Gordon-Larsen (PhD), lead author of the study.

CELIA MILNE/FOR METRO CANADA

## Sculpting in the sun

Target beach-revealing body parts with these fitness guru tips

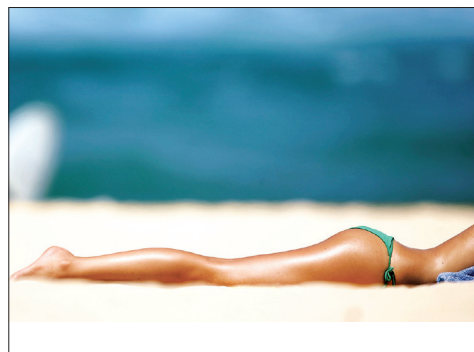
ROMINA MCGUINNESS  
Metro World News

Dreading those day you have to bare your body on the beach? Metro speaks to fitness guru Ramona Braganza about how to get the perfect beach body this summer.

### Tone your Tum

Abdominal exercises are essential for a toned stomach and wasp waist. Alternate the exercises and make sure you work on several muscles including the rectus abdominis (assists regular breathing and supports the spine) and the oblique. Doing the plank is a great way to develop a cinched-in waist.

Intense cardio workouts will help burn excess fat. Eat healthily and avoid food or drink that cause bloating. Drinking water and avoiding alcohol and soft drinks are quick fixes. Carbohydrates should



In addition to body specific toning exercises, fitness guru Ramona Braganza recommends avoiding bloating foods and drinks like alcohol, soft drinks and carbohydrates.

be scrapped from your dinner menu, as should all foods containing high levels of salt or refined sugars such as cheese or pastries.

### Armed Power

Push-ups are great if you're looking to tone your arms. If you cannot hold the position on your toes, use your knees. At-

tempt two sets of 10 followed up with a shoulder exercise (such as a shoulder press), then biceps (such as bicep curls) and triceps (such as tricep dips).

### Squat to Shape

According to Braganza, the best way to get a toned bum is to do squats. Holding on to dumbbells

## Beach tips

- Exercise in the morning before the sun is at its strongest. Make time for a jog or a swim before switching into "lazy" mode.
- Make fitness a way of life. Enjoy being active and drink loads of water to flush toxins out and keep metabolism revved up.
- Exfoliate with a loofah then moisturize to help keep skin smooth.

ROMINA MCGUINNESS/  
METRO WORLD NEWS

throughout the exercise will make enhance the results but you must remain focused on the muscle you are working on. Squeeze your glute muscle as you stand up from a squat or lunge as this will transfer the workout over from your quads (the front of the legs) to the hamstrings and glutes (the back of the legs).

## Iced coffees can be bad for your health

**NUTRITION** Enjoying an iced coffee? Better skip dinner or hit the gym afterwards, with a cancer charity warning that some iced coffees contain as many calories as a hot dinner.

The World Cancer Research Fund (WCRF) conducted a survey of iced coffees sold by some popular chains in Britain including Starbucks, Caffè Nero and Costa Coffee to gauge the calories as studies increasingly link obesity with cancer.

The worst offender — a venti dark berry mocha frappuccino from Starbucks — had 561 calories. Other iced coffee contained more than 450 calories and the majority had in excess of 200.

Health experts advise that the average woman should consume about 2,000 calories a day and a man about 2,500 calories to maintain a healthy weight. Dieters aim for 1,000 to 1,500 calories a day.



Many iced coffees contain more than 450 calories — almost as much as a dinner — warn health experts.

"The fact that there is an iced coffee on the market with over a quarter of a woman's daily calories allowance is alarming," Dr Rachel Thompson, science programme manager at London-based WCRF, said in a widely-reported statement.

"This is the amount of calories you might expect to have in an evening meal, not in a drink."

REUTERS

## Improve your dating grade guys: Report

### The J Spot

Josey Vogels

metronews.ca/thejspot

Given that Canadian guys aged 16 to 24 scored a C-minus on AXE Canada's first annual dating report card, they clearly need some help.

And while the folks behind the cologne — yes, the one that gets guys laid in the elevator if you believe their ads — have offered some helpful advice (i.e. lose the cheesy pick up lines, follow-up with a phone call, and don't automatically assume a kiss means she's interested), I went to the real experts.

Ronald Lee is the guy behind Vancouver's Man

Meets Woman (man-meetswoman.com), a dating coaching company for men. He says one of the biggest mistakes men make is that they approach women without a clear goal in mind and end up having a possibly pleasant, but unfruitful encounter. Says Lee, "A man needs to know why he is talking to a woman. For her phone number? To get a date? To just be friends?"

Darren Glickman is the co-founder of The Guydys (theguydys.com), a Toronto-based dating coaching website for guys. He agrees that cheesy pick-up lines don't work but adds that most guys are too weak or way too strong in their approach. "Women like confidence, but they don't like cockiness," he says.

The best way to avoid one of men's biggest fears when it comes to dating — landing in dreaded "friend zone" with a woman — is



When interested in a woman, men should avoid the "friend zone" and act confidently without being cocky, advise experts.

to stay out of the friend-zone to begin with, says Lee. Glickman agrees. "Don't do 'friend' things with her — like shopping, beer pong or hockey games," he says. "Don't take an interest in the men she's interested in romantically. Don't beat around the bush; tell her you're interested in more and see where it goes. The worst that can happen is she turns you down. That's better than ending up with another pseudo friend."

And, contrary to popular

opinion, nice guys don't have to get left on the dating sidelines. "Many nice guys are ignorant about how to seduce women and thus, get treated as doormats, a role they unfortunately accept," says Lee.

• For more dating advice for guys and to see the entire AXE Dating Report Card, go to Josey's blog Sex-cetera at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



## Sober visit

Madonna wants to take her children to Auschwitz so they can "see how lucky they are." The Kabbalah follower is to make the trip to Poland later this month. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

### DVD picks



#### Race to Witch Mountain

Director: Andy Fickman

**WHEN WRESTLER** Dwayne (The Rock) Johnson made his big-league film debut eight years ago in *The Mummy Returns*, he was something of an alien presence in the role of the Scorpion King, a human-headed arthropod that spoke only ancient Egyptian.

He's evolved into a full-fledged actor, and in the Disney family thriller *Race to Witch Mountain* he's the human assisting a couple of alien kids in their quest to return home. It's like *E.T.* on steroids. Space kids Sara (AnnaSophia Robb) and Seth (Alexander Ludwig) have to not just "phone home," but also to return something to their planet that is of utmost importance both to their interstellar abode and to Earth. Johnson plays Jack, a Las Vegas cabbie who gets caught up in the alien quest while trying to outrun his own troubles.

In classic Disney style, the film keeps the action going and the sentiments flowing for a lively and heartwarming experience, albeit one with few surprises.



#### Gomorrah

Director: Brian Hecker

**THE TITLE OF** Matteo Garrone's multiple narrative of corruption, an award winner at Cannes 2008, refers both to the biblical town of sin and to the Camorra families of Naples, the crime syndicate that Hollywood forgot. The Sicilian mobsters of *The Godfather* get all the attention, but a sobering collection of facts provided by Garrone tells up the damage the Camorra does off the radar: Among other things, it's responsible for 4,000 deaths over the past 30 years.

Garrone waits until the end credits to list the Camorra's ills, and by then it's almost beside the point. They would have been more useful at the start, to assist in negotiating the thicket of characters and incidents the director has extracted from Roberto Saviano's best-selling crime exposé, also titled *Gomorrah*.

Repeat viewings, if you can bear them, also improve comprehension. It's best, though, to forsake plot and just follow the characters, as Garrone's nimble camera does with documentary immediacy.

Peter Howell/for Metro Canada

# Treacherous shoot

New thriller *A Perfect Getaway* was filmed in Puerto Rico

STEVE GOW  
for Metro Canada

Although an actor's life on a soundstage is often pampered — fantastic catered food, cushy accommodations — perhaps the most effortless film for a thespian to make are actually those shot in the remote jungles of Puerto Rico.

"There's an element when you are out dealing with nature around you that definitely as an actor I think is a lot easier than say, (if) this whole set was a jungle on a soundstage," said *A Perfect Getaway* star Milla Jovovich (Resident Evil).

"The whole energy changes, you're not projecting as much (on a soundstage) and people are like, 'remember there's wind and remember the rain.'"

The cast of *A Perfect Getaway* — which hits theatres this Friday — didn't have to worry about faking it much. The thriller about hikers being terrorized on a remote trail in Hawaii may have been filmed in Puerto Rico but the exterior shoot was no less treacherous — the cast had to traverse steep valley spillways and deal with unpredictable storms.

"It makes you focus on what is happening," said co-star Steve Zahn (Sahara). "It's also unfamiliar territory for the actors and for people watching."

Milla Jovovich and Steve Zahn star in *A Perfect Getaway*, which opens in theatres Friday.

"Besides the fact that hey, it's nature," added Jovovich. "We're doing a scene and suddenly there's a typhoon raining down on us and now we got to stop for hours and wait." Directed by David

### Movie feature

Twohy (*The Chronicles of Riddick*), *A Perfect Getaway* is the sort of campy thriller that blends stylistic flair and humor with a unique plot twist — not easy to do given that the story only revolves around three couples — each with a curious past.

"What's kind of cool about it is that it's less about being right about who's doing what," said Zahn of discovering the reveal. "It was more about why you think that person or those people (are committing the acts). It's easy to guess something but that's what I thought made this very unique."

**A Perfect Getaway opens on Friday**



## Rentals and Sales

## Christopher Kellett

403.990.9297 | [www.serlox.com](http://www.serlox.com)

Licensed MLS Realtor for Power Properties with 10 years Property Management Experience



## Il Giardino

Ristorante

Get your Bail-Out at Il Giardino

up to **25% off**

On selected items for lunch & dinner

\*limited time offer

**Don't Forget about the NEW SUNNY PATIO**

344 - 17th Ave SW | 403.541.0088 | fax: 403.541.0042  
[ilgiardino@telus.net](mailto:ilgiardino@telus.net) | [www.ilgiardinoristorante.ca](http://www.ilgiardinoristorante.ca)



# What's in a name?

Demi Moore is marking the fourth anniversary of her wedding to husband Ashton Kutcher by taking his last name as her own. The actress has decided to officially become Demi Kutcher, according to reports. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



## A pesky dead relative

### Twenties Girl

**Author:** Sophie Kinsella  
**Publisher:** The Dial Press  
**Price:** \$32 (Hardcover)



At 27, Lara Lington has quite enough drama in her life. The British businesswoman is preoccupied with running a shaky start-up company; with the departure of her closest confidant and business partner, who has jumped ship to Asia; and with being dumped by her ideal mate. But just when she feels most alone, she's visited by the ghost of her great aunt Sadie, who's an outgoing 1920s flapper. Sadie wants Lara to find a lost necklace and, to Lara's chagrin, keeps distracting her with visits until she does. But annoyance turns to appreciation when the relatives find common ground.

### Johannes Cabal the Necromancer

**Author:** Jonathan L. Howard  
**Publisher:** Doubleday  
**Price:** \$29.95 (Hardcover)



When Johannes Cabal made a deal with the Devil — selling his soul so he could learn to communicate with and raise the dead — he didn't expect he'd have to rescind on it. But tormented by a secret from his past, he attempts to reason with Satan. The latter complies, but for a price: Johannes must convince 100 people in one year to sell their souls. To help, Satan equips Johannes with a travelling circus, which he staffs with those raised from the dead. Together, they journey through England for what could be Johannes' final experiment.

— BRIAN COULTON/  
FOR METRO CANADA

### BookPicks

## Paris has, like, lots of besties

**BRIAN COULTON**  
for Metro Canada

**Paris Hilton doesn't need a televised competition to find friends, but she says she uses one to give people a chance to be her pal who wouldn't have a shot otherwise.**

"Obviously, in real life, I have a lot of friends," she says with a proud giggle. "The show is just a really funny and fun concept."

The bleached-blond member of the family behind the Hilton Hotels Corporation will name her newest confidante on the finale of Paris Hilton's My New BFF (that's "best friend forever," for the acronym-inept), this week. The show airs Thursday night on MuchMusic.

The competition is the second she's held in the United States, although things went sour with the first American victor.

After visiting the hometowns of this season's three finalists on last week's episode, Hilton ousted California's Stephen Hampton, the sole remaining male.

Now, the final two pets



Paris Hilton will name her new BFF this week.

of Paris — Florida's Stefanie Fritz and Louisiana's Tinicia Goldsmith — are left to vie for the BFF title, having outlasted 14 others in hopes of hobnobbing regularly with the heiress.

Whoever wins, Hilton says it's very important she

doesn't change who she is when the shimmer of celebrity spills onto them. "When you come in the spotlight, anything can happen," she says. "You should never forget who you first were originally." Among the qualities

### On TV

• If you missed season two of Paris Hilton's My New BFF, you can experience it in its entirety Saturday on Star.

Hilton said she looks for in a BFF are trustworthiness, a good heart and the ability to humour her.

"I just want somebody who is real and not becoming my friend for any other reasons, to get face time or use me," she says.

And to make sure that doesn't happen? "Maybe I'll tell them a secret ... we'll see if it will get out, even if it's a big rumour," she says.

But even if it doesn't work out again, perhaps Hilton will keep one of the other contenders in mind. She says that even after the show wrapped shooting, she still socialized with half the cast.

"They came over to my house party," she says. "Everyone this season has just been so much fun. There are so many big personalities in the house. But the person who won, I'm very close to."

### Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning July 31:

- 1 Funny People:** \$23.4 million US
- 2 Harry Potter and the Half-Blood Prince:** \$17.7 million
- 3 G-Force:** \$17.1 million
- 4 The Ugly Truth:** \$13 million
- 5 Aliens in the Attic:** \$7.8 million
- 6 Orphan:** \$7.3 million
- 7 Ice Age: Dawn of the Dinosaurs:** \$5.3 million
- 8 The Hangover:** \$5.1 million
- 9 The Proposal:** \$4.8 million
- 10 Transformers Revenge of the Fallen:** \$4.6 million

REUTERS

### Kenya's Style

### Kenya Hunt

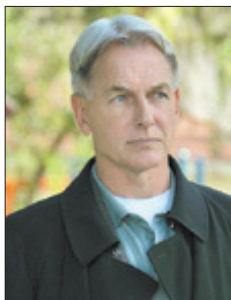
Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](http://metronews.ca/movies)

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/4/09	267 351 - ACCESS	Alberta Primetime (Live)		America's Got Talent		America's Got Talent (HDTV)				Primetime
	243 317 3 CFCN	Corner Gas	Hollywood	CSI: Miami		Criminal Minds (HDTV)		Flashpoint		News
	- 4 OMNI	Two/Half Men	The Simpsons	News (N)		News (N)		The Simpsons	King	Metropia
	- 371 5 KXLY	4 News at 4	4 News at 6:30	Entertainment	The Insider (N)	The Superstars (Season Finale) (N)			Scubs	Primitime
	245 306 6 CBRT	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	244 338 7 CICT	ET Canada	Entertainment	NCIS 'About Face'		NCIS 'Hide and Seek'		Big Brother 11 (N)		News Hour
	246 - 8 CKAL	Law & Order: SVU		Make Me a Supermodel		Hell's Kitchen (PA) (N)		More to Love (N)		Your City
	119 705 9 CBXFT	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	- 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News	Hollywood	The Doctors		NCIS 'Hide and Seek'		Big Brother 11 (N)		Medium
primetime	- 374 14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)		Nova scienceNOW		Wild! (DVS)		Appalachia
	502 390 5 CBC	CBC News: The National		Norm Keep him at home.		CBC News: The National		CBC News: The National		Norm
	- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	America's Got Talent		America's Got Talent (HDTV)		
	- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (N)		More to Love (N)		News
	297 652 37 WPX	Hitchoed or Ditched		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Fraser
	500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508 502 31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
	400 400 21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)			Off the Record	WEC WreckCage (HDTV)		NASCAR Race
	408 418 27 net	Boxing				Red Bull: Air Race		Sportsnet Connected		MMA Conn
	410 403 30SCORE	Poker		Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score
sports	411 457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417 406 48 SPEED	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!
	552 543 20 YTV	iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	557 541 39 FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555 545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	575 583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	553 546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	- 18 CHTV	The Insider (N)	El News	Ruby (N)	Ruby (N)	Taking It Off		Better Off Ted	Better Off Ted	CHCA News
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	Style by Jury	Style by Jury	Style by Jury	Friends	Colour Confidential		Style by Jury	Style by Jury	Accidental Wit
family	521 560 24 TLC	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate
	603 561 25 FOOD	Hell's Kitchen		Good Eats	Good Eats	Iron Chef America		Unwrapped	Unwrapped	Hell's Kitchen
	615 520 26 A&E	The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Painkiller Jane		Termination Point (2007, Suspense)		
	601 562 33 SLICE	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	- 633 34 ENC2	Born Free	Keep It in the Family (1973, Romance-Comedy)			Cleuesless *** (1995, Comedy), Stacey Dash		The Baby-Sitters Club (1995)		
	520 505 35 DISC	Against the Elements (N)		Deadliest Catch (N)		Daily Planet		Deadly Waters		Deadliest
	620 523 36 BRAVO	La Noubra Cirque du Soleil		Bravonews		Law & Order		Without a Trace		Till Human
	294 650 40 WPCB	Boat Trip * (2003, Comedy) Cuba Gooding Jr.				Seinfeld	Steve Harvey	Boat Trip * (2003, Comedy)		
	626 547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)
cable variety	- 539 42 TCM	(6) The President's Analyst		Hard Times ** (1975, Drama), Jill Ireland			(9:45) Major Dundee *** (1965, Western)			
	628 584 43 SPIKE	Ways to Die	Ways to Die	MANswers	MANswers	UFC: Penn vs. Florian		CSI: Crime Scene Invstgtn.		MANswers
	622 516 45 HIST	To Build a Nation		NCIS 'Iceman' (HDTV)		Lost Worlds Atlantis.		To Build a Nation		NCIS
	627 528 46 SPACE	Torchwood		Ghost Hunters		Stargate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
	- 47 AMC	(6) Dances With Wolves **** (1990, Western) Kevin Costner, Mary McDonnell.				The Bridge at Remagen (1969, Drama)				
	619 525 49 TROP	North of 60 'Bushman'		Power Play		Tube Tales	Tube Tales	Are You Smarter		Family Guy
	600 564 50 HGTV	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes on Homes		SarahCottage	Genevieve	HGTV's Top 10
	501 391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504 508 70 BNN	Taking Stock		Market Call	Market Call	Headline	Market Call	Commodities	Business News	Taking Stock
	526 507 92 VIVA	The Closer		Ghostly Enc.	In Dreams	Psychic Inv.	Encounters	Judging Amy		Missing
cable variety	269 350 93 APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts (N)	Moccasin Flats
	- 94 MCP	World News	News	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euroamax	Schauplatz
	571 581 100 MMM	Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix		Celebrity Rehab With Dr. Drew		Entourage
	570 580 101 MM	Greek		Video on Trial	Video on Trial	One Tree Hill		Greek		MuchVibe
581 566 102 MTV	16 and Pregnant		Daddy's Girls	Daddy's Girls	MTV Live	After	Super Sweet	Super Sweet	Daddy's Girls	

### critics' corner

**NCIS**  
A military family comes under suspicion when a boy finds a murder weapon, prompting Gibbs and the team to track ownership of the gun. Michael Weatherly, David McCallum and Pauley Perrette also star in "Hide and Seek"; Markus Flanagan, Rebecca Creskoff and Braeden Lemasters guest star. 9 PM on CICT KREM



**The Cleaner**  
A hospital administrator seeks William's help after receiving an anonymous letter accusing a doctor and some nurses of using drugs. After one nurse passes out during surgery, William brings her in for treatment while Melissa baby-sits her son. Charles Esten, Rebecca Gayheart and Jonathan Adams guest star in the new episode "An Ordinary Man." 8 PM on A&E

**Being Erica**  
Erica has traveled into the past to try changing it a few times now. But in this new episode, she just needs a vacation. So Dr. Tom decides to give her a break from her work and family stress by sending her back to an especially pleasant day in her past. Tyron Letto and Reagan Pasternak also star in "Such a Perfect Day." 9 PM on CBRT





Friends of Billy Joel say the singer is distraught over the June split from his wife, Katie Lee Joel, and is desperate to win her back. "Billy is obsessed with her," a pal told Page Six. **METRO WORLD NEWS**

**Baby come back**

## Celebrity Buzz

### Kristen, Rob still not a couple

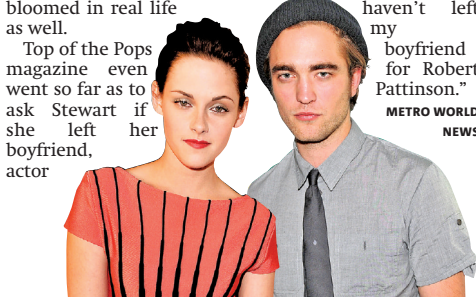
**DENY EVERYTHING** No matter how many times they deny it, Twilight stars Kristen Stewart and Robert Pattinson always find themselves facing more rumours that their on-screen romance has bloomed in real life as well.

Top of the Pops magazine even went so far as to ask Stewart if she left her boyfriend, actor

Michael Angarano, for Pattinson. "No, Rob and I are good friends," Stewart insisted. "We went through a lot together, so we feel very close, I've acquired a good buddy and that's a big deal, but I haven't left my

boyfriend for Robert Pattinson."

**METRO WORLD NEWS**



### Mystery mama identified

**BABY DRAMA** It didn't take long for Jude Law's mystery pregnant ex-girlfriend to be identified as model Samantha Burke. And after much speculation about their relationship, Burke is speaking out.

"Samantha, her mom, and her family can affirm that Jude has been responsive and supportive throughout the relationship and pregnancy, and know that he will remain so as a father once Baby Sophia is born," a statement from her lawyers reads, according to Hollyscoop.

The baby is reportedly

due in the fall, just as Law hits Broadway in Hamlet and begins promoting his next film, Sherlock Holmes.

The news that Burke is pregnant with his child caught Law off guard, according to friends of the actor. "Just assumed she was on the Pill," a source told the Daily Mirror. "He was stunned at being in-

formed of the pregnancy. Jude feels like now he has been made to look the bad guy. One of the reasons their brief relationship didn't work out is because Samantha was a little too keen. She claimed she was falling in love after just a couple of weeks." It's believed Law still has not spoken directly to Burke since finding out about the pregnancy.

**METRO WORLD NEWS**



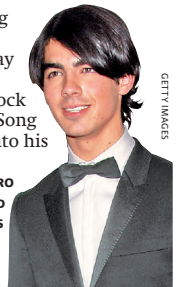
### Joe bounces back with Disney star?

**REBOUND** Joe Jonas may have found someone to help him get over his breakup from Camille Belle.

The middle Jonas Brother was spotted out to dinner at L.A. restaurant Katsuya recently with Brenda Song from Disney's The Suite Life of Zack and Cody, according to TMZ.

The pair tried to dodge paparazzi by not leaving the restaurant together, but photographers spotted Jonas pulling over halfway down the block to let Song hop into his car.

**METRO WORLD NEWS**



### I'm not the new King of Pop: Kanye

**INTERNET RUMOURS** Kanye West is slapping down reports that he recently dubbed himself the new King of Pop.

"It makes me feel bad that obviously I made people feel that I would be corny enough to say something so whack after the passing of an idol, a legend and more than that a human being with feelings and a family," West posted on his official website.

"It scares me to think what people will believe, without even a source. Any random person can type something on the Internet and then the world believes it."

**METRO WORLD NEWS**



### Britney's big thank-you gift

**APPRECIATION** Britney Spears was looking for the best way to thank her father, Jamie Spears, for all his help turning her life around, and she found it — she's buying him a restaurant.

"Britney just wanted to give him something useful as a sign of her appreciation," a source said, according to Hollyscoop. "After all

their ups and downs she knows he's always got her best interests at heart."

Before stepping in to oversee Spears' personal and professional lives, Jamie owned a catering company in Louisiana. The new restaurant will reportedly specialize in soul food.

**METRO WORLD NEWS**



### Oprah gets bomb threat

**FALSE ALARM** Oprah Winfrey's staff got quite a shock recently when a suspicious package left outside the Chicago studio prompted a visit from the bomb squad.

Early Friday morning, a security guard at Harpo Studios found a backpack in a flowerbed with wires coming out of it, according

to Us Weekly. Police were called and some tests were run, and it was determined the backpack did not contain a bomb. No one was injured.

**METRO WORLD NEWS**



### Paris tell-all in the works?

**SPILLING THE BEANS** It's hard to imagine there's much the public doesn't know about Paris Hilton, but her former manager, Jason Moore, is banking on being able to reveal some new information, at least according to a pitch for a tell-all book he's looking to write.

"Jason will demonstrate how, for 10 years, he managed to save his mercurial client from disgrace by manipulating the media, and Paris herself," the pitch letter boasts, according to the

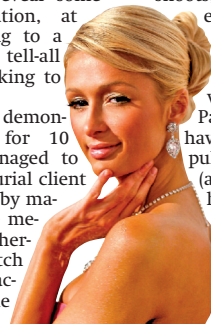
New York Daily News.

"Paris was oftentimes her own worst enemy, making a sex tape with a former boyfriend, nursing hangovers during photo shoots, falling asleep

everywhere and getting thrown in jail for numerous driving violations."

If Paris Hilton didn't have Jason Moore pulling the strings (and) cleaning up her messes, she could well have faded into oblivion."

**METRO WORLD NEWS**



### Real-life Gossip Girl relationship

**BEHIND THE SCENES** Gossip Girl actor Sebastian Stan says it's great working on the same TV show as his girlfriend, Leighton Meester. Unfortunately, their characters aren't together, which means they each spend a lot of time at working kissing other people — Meester most

notably with Ed Westwick.

But Stan takes it all in stride, he tells People magazine. "It's work and everyone shares the same mentality when it comes to that. But we all laugh about it. The good part is I get to go home with her."

**METRO WORLD NEWS**



### MI's mother suspects foul play

**SUSPICIONS** Katherine Jackson spoke out publicly about her son Michael's recent death — and she suspects foul play.

"My son is dead and I don't think he just died of natural causes," Jackson told Geraldo Rivera on his TV show. "He's too young. Something happened." Jackson, who has custody of Michael's three children, also shot down rumours that her husband Joe Jackson is banned from her Encino, Calif., home.

**METRO WORLD NEWS**



## Regretful Ryan wishes for do-over

**FAMILY MATTERS** Speaking publicly for the first time since the death of his long-time partner Farrah Fawcett, Ryan O'Neal says he wishes he could have a second shot at the 30-year relationship, and wonders if his cruel character contributed to her illness, people.com reports.

The actor, 68, tells Vanity Fair that he'd love to "do it over," given the chance, and in the process

would change his flaws that had caused Fawcett pain. "I would have been much kinder, more understanding, more mature," he said. "I'd lose some of the savagery. I don't know how she got cancer; maybe some of it was me."

O'Neal

and Fawcett split up in 1998 after 20 years, and reconnected in 2001. O'Neal blames that split on, among other things, her menopause — and his own lack of sympathy.

I believe Farrah was going through some kind of life change," he said. "I didn't have a change of life. I was always a jerk ... I just don't think she liked me very much. So I excused myself."

O'Neal also called himself a "hopeless father"



and related one disturbing incident from Fawcett's funeral.

"I had just put the casket in the hearse and I was watching it drive away when a beautiful blonde woman comes up and embraces me," said O'Neal. "I said to her, 'You have a drink on you? You have a car?' She said, 'Daddy, it's me — Tatum!' I was just trying to be funny with a strange Swedish woman, and it's my daughter. It's so sick."

**METRO NEWS SERVICES**

## Halle nixes marriage

**LOVE HURTS** Don't expect any wedding bells any time soon for Halle Berry.

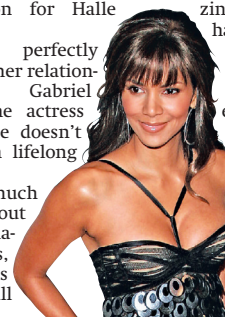
Though perfectly happy in her relationship to Gabriel Aubry, the actress claims she doesn't believe in lifelong love.

"I'm much clearer about what a relationship is, which is why I will

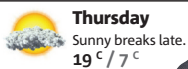
never marry again," she told Britain's You magazine. "Gabriel and I

have a great partnership and a lovely daughter. But I once was stupid enough to say, in a previous relationship, 'I'm going to be with this person forever,' and realized, as I grew, that I don't know if forever is possible."

**METRO WORLD NEWS**





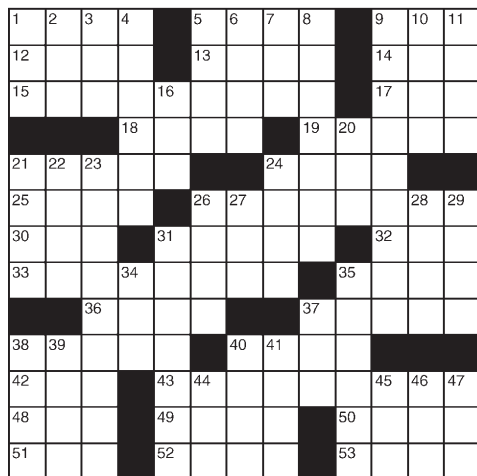


Andrew Schultz, Weather Specialist - Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

## Take Five



### ACROSS

- 1 Group of musicians
- 5 Great Lakes fish
- 9 Dubya's brother
- 12 Chills and fever
- 13 Leak slowly
- 14 Eggs
- 15 Mischievous sprite
- 17 Stein or Stiller
- 18 Go up
- 19 Express appreciation
- 21 Tag
- 24 A Baldwin brother
- 25 Lotion additive
- 26 Fixed firmly
- 30 Young lion
- 31 One over par
- 32 Rage
- 33 Inscribe, as in heraldry
- 35 Soccer score
- 36 "Dear —"
- 37 Feel
- 38 Equine
- 40 Ethereal
- 42 Wapiti

- 43 Sympathy-evoking journalist
- 48 Retainer
- 49 Attention getter
- 50 Simple
- 51 Anderson's "High —"
- 52 Youngsters
- 53 Stratagem

### DOWN

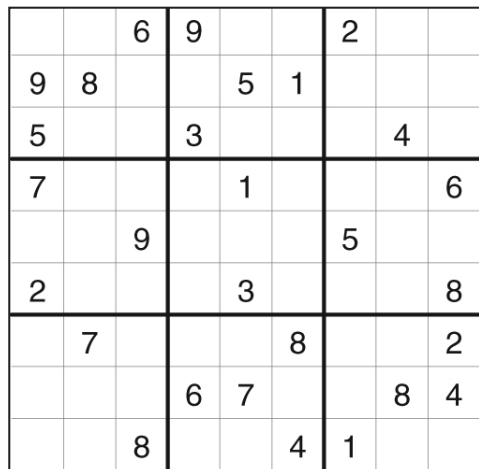
- 1 "Humbly!"
- 2 Past
- 3 Gist
- 4 Temperature unit
- 5 Corn eaters' throwaways
- 6 Golf target
- 7 Submachine gun
- 8 British automobile
- 9 Mini-strike
- 10 Level
- 11 Teller's place
- 16 Lubricate
- 20 Coop occupant
- 21 Chantilly, e.g.
- 22 Astrigent

- 23 Priceless Memories writer
- 24 Congregational call
- 26 Snug and warm
- 27 Swelled head
- 28 History chapters
- 29 Opposite of "stet"
- 31 Watched 52-Across
- 34 Ton fractions (Abbr.)
- 35 Old Faithful, e.g. — Lanka
- 37 — Lanka
- 38 Weight
- 39 Margarine
- 40 Help a hood
- 41 Doctrines
- 44 Discoverer's cry
- 45 Greek consonant
- 46 Ar follower
- 47 Reuben holder

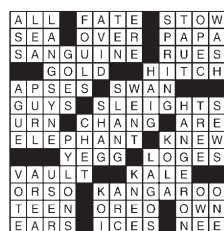
## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	1	5	9	3	6	2	7	8
6	2	3	8	7	1	4	9	5
8	9	7	2	5	4	1	3	6
9	6	2	4	1	8	7	5	3
5	4	1	3	6	7	9	8	2
7	3	8	5	2	9	6	4	1
3	5	6	7	4	2	8	1	9
1	8	4	6	9	5	3	2	7
2	7	9	1	8	3	5	6	4

### On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



## Metro Recipe of the Day



## Spicy Texas Red Chili

### INGREDIENTS:

Nonstick cooking spray  
1-1/2 lb (750 g) boneless beef round steak, trimmed and cut into 1/2-in. (1-cm) pieces  
3 medium yellow onions, chopped  
1 large clove garlic, minced  
2 cans (14 oz/398 ml each) tomatoes, undrained and cut up  
16 oz (475 ml) bottled or canned tomato sauce  
1 cup (250 ml) beef broth  
2 tbsp (25 ml) chili powder  
2 tbsp (25 ml) minced canned red jalapeno peppers  
2 tsp (10 ml) dried oregano leaves or basil leaves  
1 tsp (5 ml) sugar  
1 tsp (5 ml) ground cumin  
1 tsp (5 ml) Worcestershire sauce  
1/2 tsp (2 ml) ground cayenne pepper

### METHOD:

1. Coat Dutch oven with cooking spray. Heat Dutch oven over moderately high heat. Add meat, onions and garlic; cook 10 minutes or until meat is browned.
2. Stir in tomatoes, tomato sauce, beef broth, chili powder, jalapeno peppers, oregano, sugar, cumin, Worcestershire sauce and cayenne pepper.
3. Bring to boil. Lower heat and simmer, covered, 50 to 60 minutes or until meat is tender. For thicker consistency: Cook, uncovered, until mixture is consistency you like. Serve with hot cooked rice.

**SERVES 6**

### rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

### ARIES

**MARCH 21-APRIL 20**  
There's no point getting upset, because your life is progressing as it should. That applies especially to your work, relationships and creative activities.

### LIBRA

**SEPT 23-OCT 23**  
Something will inspire or upset you so greatly in the next 24 hours you'll have to do something about it. But first be completely sure what's going on.

### TAURUS

**APRIL 21-MAY 21**  
You seem to be fearful for no good reason. Fortunately, what happens today will remind you that fear is a negative emotion and serves no useful purpose.

### SCORPIO

**OCT 24-NOV 22**  
Others will no doubt react with surprise at your doings today, but they should have seen it coming — after all, you'd been sending out warning signals.

### GEMINI

**MAY 22-JUNE 21**  
You can see that changes taking place in your everyday environment will have long-term results that most likely will work in your favour.

### SAGITTARIUS

**NOV 22-DEC 21**  
You may be enjoying a time of fun and plenty but not everyone is, so don't get peeved if someone is needlessly grumpy today. Cheer them up.

### CANCER

**JUNE 22-JULY 22**  
Your inability to generate enthusiasm for your work suggests it's time to rethink your priorities. Remind yourself what life is really about.

### CAPRICORN

**DEC 22-JAN 20**  
You're comparing yourself negatively to successful people, and that's not fair. Only compare who you are now with who you were yesterday.

### LEO

**JULY 23-AUG 23**  
Don't assume that because someone has been keeping things from you they have betrayed you. It's far more likely they've been protecting you.

### AQUARIUS

**JAN 21-FEB 18**  
Even if someone is an expert you don't have to believe them. If your inner voice says they're wrong today then have the courage to believe it.

### VIRGO

**AUG 24-SEPT 22**  
If you are not in the mood for socializing today don't force yourself. Let others know that if your door is shut it means you don't want to play.

### PISCES

**FEB 19-MARCH 20**  
You can curse fate for your miserable fortune but just as easily thank it for the good things it's bestowed on you: You are actually doing rather well.

**Global Innovative Campus**  
6563 Gateway Blvd, Edmonton, T6H2J1  
Ph 780 328 2580 & 1-888 384 4863  
[www.gic-edu.com](http://www.gic-edu.com)

- Calgary ESL for Professionals New to Canada Sep 2009
- P.Eng. and FE exam Preparation Classes
- PMP Exam Preparation classes all year round
- Professional Development Engineering courses year round, please check our web site for details:

[www.gic-edu.com](http://www.gic-edu.com)

**HAKIM OPTICAL**  
2 PAIR  
Hakim Designer Eyeglasses  
\$299  
FROM  
Including Single Vision and Regular Bifocals. Regular price \$500.

Over 150 Discount Outlets... 110 One Hour In-Store Labs  
For nearest location call: 1-877-524-2020 • [www.hakimoptical.ca](http://www.hakimoptical.ca)

**SEE us first for:**

- FREE Vision Testing\*
- Designer Eyewear • Contact lenses
- Blue Cross direct billing

\*some restrictions apply

**Calgary Optical**  
& CONTACT LENS  
New bigger and brighter location

100, 1000 - 8th Ave SW • 403-262-6690 • [www.calgaryoptical.com](http://www.calgaryoptical.com)

# AIR CANADA VACATIONS

## Vivacious Vegas from \$499

### Las Vegas

MGM Grand  
Hotel & Casino • 4 1/2 ★  
Hotel rm. - Grand Tower  
Oct. 5, 12, 19 & 26 • 3 nts.  
\$35 resort credit, 2 for 1 spa admission

**\$499**

Taxes & fees: \$187

### Las Vegas

Wynn Las Vegas • 5 ★  
Resort guest rm.  
Oct. 5, 12, 19 & 26 • 3 nts.  
\$75 resort credit

**\$549**

Taxes & fees: \$187

## DEALS to the SUN

### Santa Clara

Barceló Cayo  
Santa Maria • 4 ★  
All-Inclusive • Junior suite  
Aug. 9-23 • 1 wk.

**\$959**

Taxes & fees: \$218

### Santa Clara

Meliá Las Dunas • 4 ★  
All-Inclusive • Standard rm.  
Aug. 9-23 • 1 wk.

**\$1029**

Taxes & fees: \$218

### St. Lucia via Toronto

Bay Gardens Hotel • 3 ★  
Standard rm.  
Sept. 6 & 27 • 1 wk.

**\$979**

Taxes & fees: \$241

### Cancun/Riviera Maya

Occidental  
Grand Xcaret • 4 1/2 ★  
All-Inclusive • Deluxe rm.  
Dec. 20 • 1 wk.

**\$1559**

Taxes & fees: \$265

### Gran Bahia

Principe Tulum • 5 ★  
All-Inclusive • Standard rm.  
Dec. 20 • 1 wk.

**\$1789**

Taxes & fees: \$265

## DEAL to EUROPE

### London

Hotel Ibis London  
Earls Court • 3 ★  
Breakfast  
Standard rm.  
Sept. 1, 2, 3, 5 & 16 • 1 wk.

**\$1099**

Taxes & fees: \$475

## DEAL on CRUISES

### Royal Caribbean International<sup>1</sup> Adventure of the Seas<sup>®</sup>

Southern Caribbean  
Flights to San Juan via Toronto  
All meals included  
Promenade stateroom, cat. PR  
Nov 1 & 29 • 1 wk.

**\$1489**

Taxes & fees: \$261

## BOOK EARLY AND SAVE

**\$400**

per couple (\$200 per adult)  
on all Sun packages.

Combine this with early booking bonuses  
offered by the resorts and SAVE MORE!

Book and pay in full by November 2, 2009.<sup>2</sup>

Valid for travel from Nov. 1, 2009 and completed by April 30, 2010.

- **NEW in 2009/2010: Non-stop flights from Calgary to Santa Clara** (Dec. 23/09 - Mar. 31/10)
- More than 30 Sun destinations
- Earn and redeem thousands of Aeroplan<sup>®</sup> Miles
- Pick up your copy of the new 2009/2010 **Sun Collection brochure** at your local travel agency today

Earn up to 8,600 Aeroplan<sup>®</sup> Miles per member<sup>†</sup>

**aeroplan**

CONNECT FREE<sup>4</sup> • Edmonton • Lethbridge • Nanaimo • Regina • Saskatoon • Kelowna • Kamloops

Executive Class<sup>®</sup> service from only \$299 extra<sup>3</sup>

**aircanadavacations.com**  
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are valid for bookings made between Aug. 4 & 8/09 inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, visit [www.aircanadavacations.com](http://www.aircanadavacations.com). Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit [www.aircanadavacations.com](http://www.aircanadavacations.com). For terms and conditions of the Aeroplan program, visit [www.aeroplan.com](http://www.aeroplan.com). <sup>1</sup>Royal Caribbean International Ltd. ships' registry: The Bahamas. <sup>2</sup>Offers valid for travel from Nov. 1, 2009 and completed by April 30, 2010. New bookings only. Subject to availability. Offer is subject to change without notice and can only be combined with early booking bonuses offered by hotels and resorts. Early booking bonus not applicable when hotel is on sale. Not applicable to group bookings. <sup>3</sup>Available on select flights. Full details available at [aircanadavacations.com/executiveclass](http://aircanadavacations.com/executiveclass). <sup>4</sup>Available in conjunction with flight-inclusive packages. Non-stop flights via Calgary. Excluding USA & Europe destinations. <sup>5</sup>Aeroplan is a registered trademark of Aeroplan Canada Inc. <sup>6</sup>Air Canada Vacations is a registered trademark of Air Canada, used under license by Tourism Limited Partnership. Visit [www.aircanadavacations.com](http://www.aircanadavacations.com) for up-to-date information.